Urban Race Website Content

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**What is Urban Race?**

Urban Race is Egypt’s first-ever obstacle race! Athletes from all walks of life run, crawl, jump, swim and overcome a set of obstacles of varying difficulty.

Race Obstacles are designed to test athletes’ strength, endurance and speed.

Urban Race Egypt was founded by Stallions- an Egyptian fitness company that was the first to introduce and adopt Sports Performance Training methodology in Egypt.

**Obstacles**

(Obstacles Pictures)

**Press**

Urban Race @ Marassi - Cairo Zoom

<http://www.cairozoom.com/home/GammaGallery/2498>

Urban Race Egypt - Prime Magazine

<http://primemag.me/event/urban-race-egypt/>

Urban Race Egypt – Cairo Hub

<http://www.cairohub.com/urban-race-egypt/>

Egypt’s first Urban Race – Filbalad

<http://www.filbalad.com/en/events/details/2324/egypt-s-first-urban-race>

**Television Coverage**

Mehwar TV Channel

Program: Spot on Sport

<http://www.dailymotion.com/video/x25ty03_%D8%B3%D8%A8%D9%88%D8%AA-%D8%A3%D9%88%D9%86-%D8%B3%D8%A8%D9%88%D8%B1%D8%AA-urban-race-%D8%B3%D8%A8%D8%A7%D9%82-%D8%A7%D9%84%D9%85%D9%88%D8%A7%D9%86%D8%B9-%D8%A7%D9%88%D9%84-%D9%85%D8%B1%D9%87-%D9%8A%D8%AA%D9%86%D8%B8%D9%85-%D9%81%D9%8A-%D9%85%D8%B5%D8%B1_news>

* **Urban Race Events**

**Urban Race 2014**

Urban Race 2014 took place on the 22nd of August at Marassi in Egypt’s North Coast.

Around 420 athletes from all walks of life, of all ages and fitness levels participated in Urban Race and around 500 spectators showed up to watch the race and support the racers. Athletes overcame a set of 12 obstacles over a distance of 8km. Obstacles included wire crawls, rope climbs, object carry, balance beams, water, monkey bars, mud pits, tunnels and others.

All racers who reached the finish line received medal awards, while the top three with the highest ranks from both males and females received special prizes, in addition to the finisher’s medal.

**Urban Race 2014 Winners:**

Males

|  |  |  |  |
| --- | --- | --- | --- |
| Rank | Name | Age | Time |
| First | Hassan Marzouk | 34 | 39:47 |
| Second | Moharram Abdallah | 32 | 39:50 |
| Third | Kamal Atef | 16 | 47:32 |

Females

|  |  |  |  |
| --- | --- | --- | --- |
| Rank | Name | Age | Time |
| First | Jupinar Tarek | 17 | 1:02 |
| Second | Mirna Atef | 14 | 1:16 |
| Third | Inas Ramadan | 32 | 1:18 |

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